

2019 SNAKE RIVER SUMMER CHAMPIONSHIPS

Twin Falls, Idaho

July 19,20,21, 2019

SPONSOR: Magic Valley Marlins Swim Team

SANCTION: This meet is held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction # 19-18 .In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

LOCATION: YMCA/Twin Falls City Pool

756 Locust Street North

Twin Falls, ID 83301

(208) 734-2336

FACILITIES: The pool is an 8 lane, 50 meter x 21 yard outdoor pool with depth equal to 3.5 feet or less than 10 feet.

Equipped with Keifer-McNeil lane lines. Paragon-style blocks at deep end of pool. There are no blocks at the shallow end of the pool (3.5'). The competition course has not been certified with USA Swimming in accordance with 104.2.2C(4).

The minimum water depth, measured in accordance with Article 103.2.3, is 10' at the start end and 3.5' at the turn end.

TIMING: Colorado Timing System and two (2) backup watches per lane. Hy-Tek Meet Manager for Windows software with Timing Console interface. Three (3) hand watches (or Colorado Timing system and two back up timers (if available) will be used for events of 50 meters. Each team will be required to provide timers during the entire course of the meet. Assigned lanes will appear in the heat sheet.

MEET REFEREE: Al Luptak

luptak@cableone.net

(208) 525-2047

Protests will be handled in the manner described in Section 102.23 of the USA Swimming Rules and Regulations

OFFICIALS: We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.

MEET DIRECTOR: Sandy Pittock

spittock1@hotmail.com

(208)539-3857

MEET FORMAT: This meet is a combination of timed finals and preliminary/finals events. Fly over starts will be used at the discretion of the meet referee.

Timed Finals: All 8 & under events. All 9-10 - 200 or longer events, 11-12 - 200 back, breaststroke and Butterfly, 13 & over- 50 M Fly, 50 M Back, & 50 M Breast events all relays, and all events 400 meters and longer.

Prelims & Finals: All events not covered under timed finals. The top 8 qualifiers in each event for 10 & under, 9-10, 11-12, 13-14, & 15-19 will advance to the final for scoring and placing. All 10 & under events are open to 8 and under swimmers, but these events will be scored and awarded as 10 & under NOT, as separate 8 & under and 9-10 age groups. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet. Preliminary heats will be seeded according to USA Swimming Rules (102.5.1)

Lanes: The meet will be seeded in either 8 lanes or 6 lanes, depending on number of entries, at the discretion of the meet referee.

Schedule: Preliminaries

Friday, Saturday, & Sunday

Warm-ups: 7:15-7:55 a.m. 13-19
7:55-8:25 a.m. 12 & under

Prelims Begin: 8:30 a.m.

Finals

Friday and Saturday

Warm-ups: 5:15-5:55 p.m.

Finals Begin 6:00 p.m.

Sunday

Warm-ups: 3:15-3:55 p.m.

Finals Begin: 4:00 p.m.

MEETINGS: **COACHES:** There will be a mandatory, coaches' meeting 15 minutes before the start of warm-ups each day.

OFFICIALS: At the referee's discretion, there will be an officials' meeting 45 minutes prior to the start of the meet each day.

RULES: All age group events will be governed by current USA Swimming rules.

All applicable adults participating in or associated with this meet, acknowledge they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and they understand compliance with MAAPP policy is a condition of participation in the conduct of competition.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer's coach with the entries, the swimmers will be required to start from the water.

This is a no card meet for all events except relays and distances 400 meters or longer. All other swimmers should be on deck at the designated heat and lane for their events. Distance event cards must be picked up from the swimmer's coach prior to the start of the event and handed to the timers. Relay cards will be given to coaches in their packets. Swimmers must give relay cards to the timers at the time of their event with the first and last names and ages of the swimmers, in order, written on the back of the card.

Events 400 meters and longer, at the discretion of the meet referee, may be swum without regard to age and /or gender and may be swum fastest to slowest. All combined events will be scored separately according to age group. All swimmers in events 400 M Freestyle, 800 M Freestyle, 1500 M Freestyle, and 400 M Individual Medley must check in with the Clerk of Course by 10:00 a.m. on the day of the event.

A swimmer qualifying for a final race based upon the results of a preliminary race has until 30 minutes after the announcement of the qualifiers for that race to notify the Clerk of Course that they may not intend to compete. Said swimmer must then return to the Clerk of Course within 30 minutes following their last individual event to declare his/her final intention to swim/scratch the event.

A swimmer who fails to compete in a final of a prelim/final race, from which they have not properly scratched, shall be barred from competing in their next individual event. Additionally, said swimmer will not be allowed to swim any individual events on succeeding days unless they declare their intent to swim with the Meet Referee prior to the beginning of warm-ups on each succeeding day.

All events will begin from the diving block end of the pool. Relay exchanges at the shallow end of the pool will require the swimmers to start from in the water.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-up.

Deck Changing- Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Drones- Operation of a drone or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present

Use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.

Shaving is prohibited throughout the facility.

ELIGIBILITY: Swimmers must be registered in 2019 with USA Swimming, Inc. as a Snake River swimmer. Swimmers age on July 19, 2019 will determine age group for the entire meet.

Swimmers must have obtained the qualifying time in those events which require a time standard. Swimmers must have a time to enter all other events. Times will be verified through SWIMS. If times cannot be proven for any event with a qualifying time, coaches will be notified and given the opportunity to provide the time or enter the swimmer in another event .

If one qualifying time is made, a swimmer may add 3 bonus swims with an established time. Bonus swims must be 200 yards or less. Bonus swims must be highlighted and clearly marked on the meet entry report.

Swimmers, ages 13 and Over, entering events for the 50M backstroke, 50M breaststroke, and the 50M butterfly may enter with either a 50 or 100 meter/yard time. These events will be seeded like all other events; therefore, it is to the swimmer's best advantage to enter with a 50 rather than a 100 time. These events will be swum as 13-19, will count towards swimmers daily limit, but will not count toward team points or individual high point awards.

Athletes who meet the following criteria may enter any age appropriate event under the inclusion and diversity qualifying standards:

P1 – non ambulatory (wheelchair bound): limited use of all four extremities

P2 – dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body

P3 – single limb deficiencies, visual impairments (legally blind), and intellectual impairments, ambulatory without significant assistance.

Please highlight and clearly mark these swimmers on your meet entry report and provide advance notice to the Meet Referee of any necessary accommodations your disabled swimmer may need.

AWARDS: Individual Event Awards: 1st - 8th SRS Championship Medals

Relay Events: 1st - 8th Ribbons

High Point Awards: 1st Place Trophy each Age Group Female and Male

Team Award: 1st Place Banner - Percentage of Best Times

Team Award: 1st Place Banner - Points Per Swimmer

SCORING: Individual Events: 9-7-6-5-4-3-2-1

Relay Events: 18-14-12-10-8-6-4-2

ENTRIES: Swimmers may enter seven (7) individual events with no more than three (3) individual events per day and one (1) relay per day.

Entries must include swimmer's name, age, event name and number, and the swimmer's **best time**. **Do not convert, as times must be verified through SWIMS**. Times will be seeded LCM/SCM/SCY. **NO TIMES ARE NOT ACCEPTED, EXCEPT FOR RELAYS**.

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.

EMAIL (required): Email entries as an attachment to the following email address spittock1@hotmail.com We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated using Team Unify or Team Manager software.

Please Note: Teams who do not have Hy-Tek's Team Manager Program may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek.com/downloads.html>

Proof of individual entry times is required. This can be accomplished in Team Manager by checking "Include Proof of Time" under "Meets: Reports: Entry Reports".

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number. Relay only swimmers must be on the team master entry form and the surcharge paid.

ALL SWIMMERS MUST BE USA SWIMMING AND SNAKE RIVER SWIMMING LSC REGISTERED. Deck registration will not be provided! Please contact Snake River Registration Chairman Dina Luptak, (208) 525-2047 for registration information.

Flex Athlete members of USA Swimming are not eligible to swim in this meet.

If a swimmer, who is not properly registered with USA Swimming, competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

ENTRY FEES: \$2.75 per individual event

\$6.00 per relay event

\$27.00 surcharge per swimmer (\$14.00 pool fee, \$2.00 timing equipment, \$2 Hospitality \$9.00 SRS travel/zone fund).

Make checks payable to Magic Valley Marlins. One check per team please.

ENTRY Entries must be received no later than 8pm, Mon. July 8, 2019. DEADLINE: Payment must be postmarked by the July 8th due date. **Late entries not accepted.**

Send entries and fees to:

Sandy Pittock

e-mail: spittock1@hotmail.com

PO Box 2523

(208) 539-3857

Twin Falls, Idaho 83301

TIME TRIALS: Will be offered at the conclusion of each day's preliminary events. Each trial swim will count as one (1) toward the daily event limit, with the combination of time trials and meet events not to exceed three (3) events per day, and seven (7) total individual events. Entries must be turned into the computer table with a \$5.00 fee one-half hour before projected end of the day's preliminary events.

RESULTS: Complete meet results, meet results file, and meet backup will available at the Snake River Swimming website: www.snakeriverswimming.org after the conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session and will be available on Meet Mobile.

MISC: Swimmers in distance events must provide a person to count laps and two timers.

Maximum 3 relays to enter and score for each relay event.

Magic Valley Marlins will not be providing lane timers for the prelim sessions of the meet. Help will be needed from visiting teams. Marlins will provide all timers for the Finals sessions.

THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS AND PLACE JUDGES FOR ALL TEAMS AT THE CLERK OF COURSE. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS. The visiting teams' timing lane assignments and place judge assignments will be included in the heat sheet.

Heat Sheets for prelim sessions will be posted and available at the door for \$6.00 and through Meet Mobile. Heat sheets for final sessions will be available for \$2.00. Meet results will not be mailed out. Results will be available on the Snake River Swimming website in PDF and HTML formats.

According to Twin Falls City ordinance there will be **NO** dogs allowed on pool premises.

CONCESSIONS: Coffee truck and Sno-Cones will be available.

VENDORS: Intermountain Sports Wear will provide custom event apparel.

HOSPITALITY: A hospitality area will be provided for coaches and officials.

HOTELS: The following hotels are offering special rates. Please support them!

Fairfield Inn and Suites

1788 Washington Street North, Twin Falls, ID 83301

208.734.8444

To book online:

[Book your group rate for SRS Summer Champs Swim Meet](#)

You will find the information for your online reservation link below. If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business.

Event Summary:

SRS Summer Champs Swim Meet

Start Date: Thursday, July 18, 2019

End Date: Sunday, July 21, 2019

Last Day to Book: Thursday, June 27, 2019

Hotel(s) offering your special group rate:

- **Fairfield Inn & Suites Twin Falls for 149 USD per night**

[Book your group rate for SRS Summer Champs Swim Meet](#)

OVERNITE CAMPING AND RVS ARE NOT PERMITTED IN THE POOL PARKING LOT. THE HIGH SCHOOL AND ELEMENTARY SCHOOL PARKING LOTS DO PERMIT RV AND CAMPER PARKING.

SNAKE RIVER SUMMER CHAMPIONSHIPS

Friday, July 20th, 2018

Girls Events	Event Name	Boys Events		
1	9-10	100 Free	2	Prelim/Final
3	11-12	100 Free	4	Prelim/Final
5	13-14	100 Free	6	Prelim/Final
7	15-19	100 Free	8	Prelim/Final
9	8 & under	50 Fly	10	Timed Final
11	9-10	50 Fly	12	Prelim/Final
13	11-12	100 Fly	14	Prelim/Final
15	13-14	100 Fly	16	Prelim/Final
17	15-19	100 Fly	18	Prelim/Final
19	11-12	50 Back	20	Prelim/Final
21	13-14	50 Back	22	Timed Finals
23	15-19	50 Back	24	Timed Finals
25	10 & under	100 Breast	26	Prelim/Final
27*	11-12	200 Breast	28*	Timed Finals
29 *	13-14	200 Breast	30 *	Prelim/Final
31	15-19	200 Breast	32	Prelim/Final
33	11-12	200 IM	34	Prelim/Final
35	13-14	200 IM	36	Prelim/Final
37	15-19	200 IM	38	Prelim/Final
39	12 & Under	400 Free Relay	40	Timed finals
41	14 & Under	400 Free Relay	42	Timed finals
43	19 & Under	400 Free Relay	44	Timed finals
45	11-19	400 Free	46	Timed finals

Individual Events – Swimmers may enter 3 events each day (not to exceed 7 events total for the meet)**Relay Events** – Swimmers may enter 1 relay event each day. The, 11-19, 400 Free will be scored and awarded as 11-12, 13-14 & 15-19. **Swimmers entered in the 400 Free must check in with the Clerk of Course by 10:00 am.**

***Events 27-30 will be combined for preliminaries with the top 8 in the 13-14 age group advancing to finals**

SNAKE RIVER SUMMER CHAMPIONSHIPS

Saturday, July 21st, 2018

Girls Events	Event Name		Boys Events
47	8 & Under	50 Free	48 Timed finals
49	9-10	50 Free	50 Prelim/Final
51	11-12	50 Free	52 Prelim/Final
53	13-14	50 Free	54 Prelim/Final
55	15-19	50 Free	56 Prelim/Final
57	10 & Under	100 Fly	58 Prelim/Final
59*	11-12	200 Fly	60* Timed Final
61*	13-14	200 Fly	62* Prelim/Final
63	15-19	200 fly	64 Prelim/Final
65	11-12	50 Breast	66 Prelim/Final
67	13-14	50 Breast	68 Timed finals
69	15-19	50 Breast	70 Timed finals
71	8 & Under	50 Back	72 Timed finals
73	9-10	50 Back	74 Prelim/Final
75	11-12	100 Back	76 Prelim/Final
77	13-14	100 Back	78 Prelim/Final
79	15-19	100 Back	80 Prelim/Final
81	10 & Under	200 IM	82 Timed Final
83	11-19	400 IM	84 Timed Final
85	8 & Under	200 Free Relay	86 Timed finals
87	10 & Under	200 Free Relay	88 Timed finals
89	12 & Under	200 Free Relay	90 Timed finals
91	14 & Under	200 Free Relay	92 Timed finals
93	19 & Under	200 Free Relay	94 Timed finals
95	13-19	800 Free	96 Timed finals

Individual Events – Swimmers may enter 3 events each day (not to exceed 7 events total for the meet). **Relay Events** – Swimmers may enter 1 relay event each day.

The, 13–19, 400 IM will be scored and awarded as 13-14 & 15-19. The, 11-19, 800 Free will be scored and awarded as 11-12, 13-14 & 15-19. Swimmers entered in the 400 IM & 800 Free **must check in** with the Clerk of Course by 10:00 am.

* Events 59-62 will be combined for preliminaries with the top 8 in the 13-14 age group advancing to finals

SNAKE RIVER SUMMER CHAMPIONSHIPS

Sunday, July 22nd, 2018

<u>Girls Events</u>		<u>Event Name</u>	<u>Boys Events</u>	
97	8 & Under	100 Freestyle	98	Timed Finals
99	9-10	200 Freestyle	100	Timed Finals
101	11-12	200 Freestyle	102	Prelim/Finals
103	13-14	200 Freestyle	104	Prelim/Final
105	15-19	200 Freestyle	106	Prelim/Final
107	11-12	50 Fly	108	Prelim/Final
109	13-14	50 Fly	110	Timed Finals
111	15-19	50 Fly	112	Timed Finals
113	8 & Under	50 Breast	114	Timed Finals
115	9-10	50 Breast	116	Prelim/Final
117	11-12	100 Breast	118	Prelim/Final
119	13-14	100 Breast	120	Prelim/Final
121	15-19	100 Breast	122	Prelim/Final
123	10 & Under	100 Back	124	Prelim/Final
125*	11-12	200 Back	126 *	Timed Finals
127*	13-14	200 Back	128*	Prelim/Final
129	15-19	200 Back	130	Prelim/Final
131	8 & Under	200 Medley Relay	132	Timed Finals
133	10 & Under	200 Medley Relay	134	Timed Finals
135	12 & Under	200 Medley Relay	136	Timed Finals
137	14 & Under	200 Medley Relay	138	Timed Finals
139	19 & Under	200 Medley Relay	140	Timed Finals
141	13-19	1500 Free	142	Timed Finals

Individual Events – Swimmers may enter 3 events each day (not to exceed 7 events total for the meet). **Relay Events** – Swimmers may enter 1 relay event each day.

The, 13–19, 1500 Free will be scored and awarded as 13-14 & 15-19/ Swimmers entered in the 1500 Free, **must check in** with the Clerk of Course by 10:00 am.

*** Events 125-129 will be combined for the preliminaries with the top 8 13-14 age group advancing to finals**

2019 Snake River Championship Qualifying Times

There are no time standards for 8 & under and 9-10 swimmers

	GIRLS		EVENTS	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
1:24.99	1:25.99	1:15.99	11& 12 100 Free	1:19.99	1:31.99	1:28.99
3:08.99	3:12.99	2:49.99	11&12 200 Free	2:59.99	3:25.99	3:19.99
6:49.99	7:02.99	7:49.99	11&12 400/500 Free	7:59.99	7:10.99	7:01.99
38.99	39.99	34.99	11&12 50 Free	35.99	41.99	39.99
12:57.19	13:29.79	14:48.09	11&12 800/1000 Free	14:32.59	13:11.69	12:43.59
24.45.29	25:45.79	24:53.99	11&12 1500/1650 Free	24:21.89	25:13.59	24:13.39
48.99	50.99	43.99	11&12 50 Back	44.99	52.99	49.99
1:39.99	1:43.99	1:29.99	11&12 100 Back	1:31.99	1:47.99	1:42.99
3:19.99	3:26.99	2:59.99	11&12 200 Back	3:04.99	3:36.99	3:25.99
52.99	54.99	46.99	11&12 50 Breast	50.99	59.99	56.99
1:50.99	1:53.99	1:38.99	11/12 100 Breast	1:48.99	2:05.99	2:01.99
4:15.99	4:19.99	3:49.99	11/12 200 Breast	3:59.99	4:35.99	4:26.99
49.99	51.99	44.99	11&12 50 Fly	44.99	51.99	49.99
2:01.99	2:04.99	1:49.99	11&12 100 Fly	1:49.99	2:05.99	2:02.99
*	*	*	11&12 200 FLY	*	*	*
1:41.99	NA	1:28.99	11& 12 100 IM	1:30.99	NA	1:43.99
3:29.99	3:35.99	3:08.99	11&12 200 IM	3:10.99	3:40.99	3:32.99
7:36.99	7:36.99	6:39.99	11&12 400 IM	6:43.99	7:42.99	7:28.99

* = Must have legal time. NT are not accepted

	GIRLS		EVENT	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
33.99	34.99	30.49	13&14 50 Free	29.99	34.49	33.49
1:15.49	1:16.99	1:07.499	13&14 100 Free	1:06.99	1:16.49	1:14.99
2:46.99	2:49.99	2:29.99	13&14 200 Free	2:28.99	2:48.99	2:45.99
5:58.99	6:07.99	6:49.99	13&14 400/500 Free	6:51.99	6:09.99	6:01.99
12:16.89	12:35.99	14:01.99	13&14 800/1000 Free	13:21.19	12:05.89	11:41.09
23:15.29	24:06.39	23:23.49	13&14 1500/1650 Free	22:18.89	23:06.49	22:11.09
1:25.99	1:28.49	1:16.99	13&14 100 Back	1:18.99	1:31.99	1:28.99
3:12.99	3:17.99	2:52.99	13&14 200 Back	2:54.99	3:21.99	3:14.99
1:39.99	1:42.99	1:29.99	13&14 100 Breast	1:27.99	1:41.99	1:38.49
3:44.49	3:50.99	3:24.99	13&14 200 Breast	2:54.99	3:52.99	3:47.99
1:26.99	1:28.99	1:17.99	13&14 100 Fly	1:19.99	1:31.99	1:29.99
3:19.99	3:22.99	2:59.99	13&14 200 Fly	2:59.99	3:24.49	3:20.99
3:06.49	3:12.99	2:47.99	13&14 200 IM	2:46.99	3:11.99	3:05.99
6:39.99	6:50.99	5:59.99	13&14 400 IM	5:59.99	6:51.99	6:40.49

*=Must have Legal Time. NT not accepted

	GIRLS		EVENT	BOYS		
SCM	LCM	SCY		SCY	LCM	SCM
32.99	33.99	29.49	15-19 50 Free	26.49	30.99	29.99
1:11.99	1:13.99	1:04.49	15-19 100 Free	58.499	1:06.99	1:04.99
2:40.99	2:44.999	2:24.99	15-19 200 Free	2:10.99	2:29.99	2:25.99
5:34.99	5:47.99	6:25.999	15-19 400/500 Free	5:59.99	5:29.99	5:16.99
12:05.69	12:21.29	13:49.19	15-19 800/1000 Free	12:52.99	11:40.49	11:16.49
22:57.09	23:43.89	23:05.19	15-19 1500/1650 Free	21:35.39	22:08.99	21:27.89
1:21.99	1:23.99	1:12.999	15-19 100 Back	1:06.499	1:17.499	1:14.49
3:04.49	3:08.99	2:45.99	15-19 200 Back	2:34.99	2:58.99	2:52.99
1:35.99	1:37.99	1:25.99	15-19 100 Breast	1:16.99	1:28.99	1:25.99
3:27.99	3:31.99	3:06.99	15-19 200 Breast	2:49.99	3:15.99	3:08.99
1:19.99	1:21.99	1:11.99	15-19 100 Fly	1:04.99	1:14.99	1:12.99
3:08.99	3:12.99	2:49.99	15-19 200 Fly	2:39.99	3:02.99	2:58.99
3:02.99	3:06.99	2:43.99	15-19 200 IM	2:29.99	2:52.99	2:46.99
6:17.99	6:28.99	5:39.99	15-19 400 IM	5:24.99	6:15.999	6:01.99

Inclusion and Diversity Time Standards

Girls								P1	Boys							
10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59

Girls								P2	Boys							
10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
		9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39	400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
		4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99	200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39
2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19

		5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59
1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39
2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09

Girls									Boys							
10 & U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
		18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800 free 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
		32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
56.79	1:03.09	4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
		51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
		4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
		3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39

SNAKE RIVER WARM-UP PROCEDURES AND SAFETY GUIDELINES

SECTION 1- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 20-45 minutes)

1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up
4. Divide by age groups as follows:
 - a. Swimmers 12 & under, 20-30 minutes general warm-up
 - b. Swimmers 13 & over, 30-45 minutes general warm-up

B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only.
No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.
4. Divided by age groups as follows:
 - a. Swimmers 12 & under, 10-15 minutes specific warm-up
 - . Swimmers 13 & over, 15-20 minutes specific warm-up

5. Recommended lane use for Specific Warm-up Session:

a. 6 lane pool - push/pace in lanes 1 & 6

racing starts in lanes 2, 3 & 4

general warm-up in lane 5

b. 8 lane pool - push/pace in lanes 1 & 8

racing starts in lanes 3, 4, 5 & 6

general warm-up in lanes 2 & 7

c. 10 lane pool - push/pace in lanes 1, 2 & 10

racing starts in lanes 4, 5, 6 & 7

general warm-up in lanes 3, 8, & 9

SECTION 2- SAFETY GUIDELINES:

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

A. COACHES RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling
 - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce the Safety Guidelines and Warm-up Procedures as outlined in Article IX
 - b. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.

- c. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - 1) they are currently certified by Red Cross in Advanced Lifesaving and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director
 - 2). a marshal is provided to supervise the work of the lifeguards
2. Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet." In addition, a copy of SRS, Inc. Safety Guidelines and Warm-up Procedures shall be included with each invitation, either within the invitation or as a separate page.
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

C. MISCELLANEOUS

1. Use of hand paddles and other training devices during warm-ups is at the Meet Referee's discretion.
2. Backstroker's shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroker waiting to start.
3. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
4. Warm-up procedures shall be enforced for any breaks scheduled during the meet.
5. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.